

**SPECIAL
POINTS OF
INTEREST:**

- 50 & Wiser
- Duduza Dolls
- Thirsty?
- Humor



Duduza Dolls

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50 & Wiser Helping Out

Following a phone call from Valerie Weaver, manager of Ten Thousand Villages, the 50 & Wiser Program has partnered with them making Duduza Comfort Dolls. The Harrisonburg Rotary is co-sponsoring a trip to Kiserian, Kenya, Africa on August 4 for Valerie and 5 others to deliver the dolls to children who have never had a doll. Well of Hope International is a non-profit Christian or-

ganization that is developing a village for widows and their children. In this area, when a woman's husband dies, she and their children are kicked out by his family and have no place to go. Many of the men have died from HIV and other things, and there are many women and children in need. This program gives them someplace to live and a chance at life. Duduza Comfort Dolls are tradi-

tional, and easy to knit or crochet. The dolls are to go to Ten Thousand Villages in Harrisonburg by July 27. There will be a pizza party/workshop for knitters and crocheters on June 29 from 9 am to 4 pm at the Cecil F. Gilkerson Community Activities Center. We have some supplies, but would appreciate you bringing what you have. Contact Gail Ham, 433-9168, gail.ham@harrisonburgva.gov.

Fighting Back

What Do You Know About Water?

How much water should you drink every day? According to the Mayo Clinic, the answer is not easy. Actually, your water need depend on many things, like where you live,

your health, and how active you are. The Institute of Medicine says for an average, healthy adult living in a temperate climate, men need 13 cups per day and women need 9. Dehydration

can cause fatigue, muscle weakness, poor concentration, headaches, dizziness, and decreases metabolism. Most people don't recognize these as symptoms. Have a drink-of water!

How to Dry Flowers www.proflowers.com



Dried Flower Wreath

If you would like to keep your lovely bouquet for a long time you can dry it. There are two easy methods. Air dry; Strip the excess foliage from your flowers and cut stems to the desired length (not less than 6 inches. Place a rubber band

around stem or stems of the flowers you want to dry. Hang in a dark, dry area with good circulation. For at least 2-3 weeks until they are completely dry. Spray the flowers with hairspray, and keep out of heat and direct sun. You can

also put them in a microwave safe container with silica gel in the bottom one or two levels above defrost for 2-5 minutes. Increase if they are not drying. Open container slightly and cool 24 hours.

Virginia Monster Found

A monster/horror convention will be held Sat, October 5 at the Chesapeake, Va public library. It's free!



In March, 1980, a Richmond resident reportedly sighted a sea monster in the Appomattox River near Hopewell. The creature had a long, undulating body. Was this Chessie?

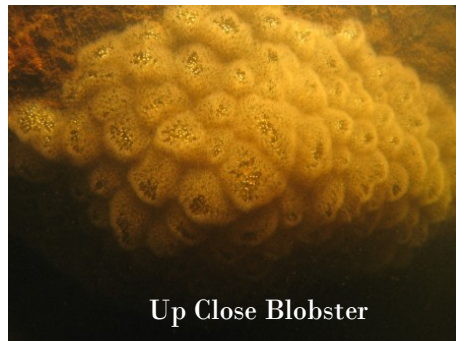
A mysterious blobster-like being was discovered in 2010 by an office-worker in Newport News Virginia. She was walking her boss's dog near a man made lake. As there appeared no way in which the slow-moving "mystery blob" could have gotten into the

lake naturally, one of the thing's discoverers dubbed it the "alien pod". It was described as being "about 4 feet in diameter, {and} jiggled when the waves hit it. " It seemed spongy, like a rock with algae spots on it in some type of pattern."

Expert help from the Virginia Marine Science Museum concluded after much debate that it was likely a very large colony of Pectinatella magnifica-a hive-jelly creature that eats algae and is therefore actually beneficial. No human was absorbed during the incident.

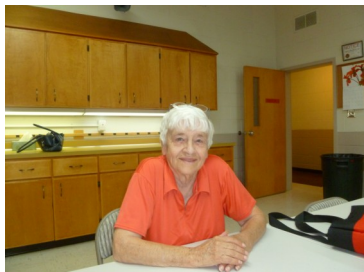


Blobster



Up Close Blobster

Amazing Person-Cathie Haldane



I was born in Portobello Scotland at the start of the Second World War. The first time my cousin had me out in the pram, we had to go into an air raid shelter because there was bombing going on. That was my first experience being out in public. There were German planes going over, the air raid sirens were going off and everyone had to hide underground. I was only weeks old, but it was scary for my cousin Sadie, who was maybe 11, and was babysitting for me.

I was 7 months old when my father bought a house in Musselborough, which was 6 miles away. That was the house was raised in.

When I grew up there weren't any street lights and they had to have blackout curtains on the windows. One time there was a little pinhole in one, and the guard knocked on the door and made my mother fix it.

My father was a band-leader who played in a different town, so we were some of the few people who had a car. He was driving home one night with his lights on, and a small plane came down just above him and flicked their lights to tell him to turn his lights off. I guess it was nerve-wracking for the parents, but there wasn't the news like there is today, when children are told too much before

they are ready to handle it. We knew there was a war, and they were fighting somewhere else.

We had neighbors across the street, and I played with their son, Sandy Brown. One day I knocked at the door and Mrs. Brown said Sandy couldn't come out to play because he had German Measles. I went home and said he must be in a lot of trouble and had been up where all those prisoners of war are, 'cause he's got German measles! She said not to play with him till he's well. The sad thing about that is that if I had been allowed to play with him and had gotten the measles then, my son would not have been born with a hole in his heart and totally deaf.

Cathie has many stories to tell, and it has become apparent that this story must be continued in the next issue.

I know the above story is about Scotland, but hey— it is July!



Diabetic Recipes: Balsamic Berries



We've marinated fresh strawberries in a mixture of balsamic vinegar and a bit of sweetener, for a contrast of flavors, that's a healthy marriage made in heaven. Our Balsamic Berries are delicious and good for you all rolled into one.

Serves: 4

What You'll Need:

- 1 pint fresh strawberries
- 1 tablespoon good quality balsamic vinegar, dark or whits
- 1 tablespoon granulated Splenda

Instructions:

1. Wash strawberries with hulls. Remove hulls and cut any large strawberries into halves.
2. Add vinegar and sugar substitute and toss lightly in non-metallic bowl. Cover and refrigerate for at least 4 hours.
3. Remove from refrigerator and let stand for 10 minutes to remove chill.

Notes:

TIP: Wash fresh strawberries before removing hulls. If hulls are removed before washing or water will seep into strawberry centers and may make them soggy.



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"The sauce has tomatoes and onions.
The crust is basically a big crouton.
Technically, pizza is a salad!"

B J S G F G A D Q B M T E H E
 M B M V G A H G N W B J B O D
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ANTS
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 CARNIVAL
 COOKOUT
 CORN
 FERRISWHEEL
 FIREWORKS
 GAMES
 HAMBURGERS
 HAYRIDE
 HOTDOGS
 ICECREAM
 LEMONADE
 MOSQUITOS
 MUSIC
 PICNIC
 SAND
 SUNBURN
 SWIMMING



Two Bell Peppers

One day two bell peppers, who were best friends, were walking together down the street. They stepped off the curb and a speeding car came around the corner and ran one of them over.

The uninjured bell pepper called 911 and helped his injured friend as best he was able. The injured bell pepper was taken to emergency at the hospital and rushed into surgery.

After a long and agonizing wait, the doctor finally appeared. He told the uninjured bell pepper, "I have good news, and I have bad news. The good news is that your friend is going to pull through."

"The bad news is that he's going to be a vegetable for the rest of his life."

